

January
2010

PRIME TIME NEWS

Mountain View Senior Center

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

JUSTINA LINAN
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Christian Basconcilo
Jose DeAnda
Kyle Ignaitis
Rich Stephens
Peter Izzo
Shona O'Neil

HOLIDAYS - The center will

be closed on the following day:
Fri, Jan 1 and Mon, Jan 18

WORKSHOPS: Please note that space is limited
for all workshops and pre-registration is required.

To reserve a seat, call the Senior Center at
(650) 903-6330 or visit the front desk.



THE RED HAT SOCIETY - WHAT ARE ALL THOSE HATS ABOUT?

- What are all those hats
about? We're the women in the red and
pink hats. We're the ones celebrating life.

We gather in local chapters just to have fun. We laugh, chat,
eat two chocolate desserts, play dress-up, take pictures, smile
at people, and forget about what others are thinking. Most of
all we enjoy ourselves. Sound
interesting? Find out about your local Red Hat Society
Chapter. Sign up for our "Getting To Know Each Other"
meeting.

Date: Thursday, January 21

Time: 1:00 p.m.

Location: Senior Center, TBA

MAKE A DIFFERENCE WITH THE YOUNG

Ever think about volunteering but never do anything about it?
Build our societal foundation, and you will be apart of the
future. By tutoring high school students, you will help gear
kids in the right direction. Learn more from Carole Dorshakind
by signing up for this informative workshop.

Date: Thursday, January 28

Time: 1:00 p.m.

Location: Senior Center, TBA

BEGINNERS: GENEALOGY WITH THE COMPUTER

- Tracing
family history can be fun and rewarding. It
can be a great treasure and a fun puzzle to
put everything together. Would you like to learn how the com-
puter can help you with your genealogy puzzle? Sign up with
Monica Lipscomb as she helps you get started use the com-
puter for this task. Pre requisite: Basic computer skills. Sign
up early as space is limited.

Date: Thursday, February 11

Time: 1:30 p.m.

Location: Technology Room



WORKSHOPS

City of Mountain View, CSD, Recreation Division

266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, www.mountainview.gov

MOVIE MATINEE

Come to one of our double showings!

WHEN: Tuesdays and Fridays

TIME: 1:00 pm

WHERE: Multipurpose Room B.

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies and seating begins at 12:30 p.m.



THE PROPOSAL

DATES: Tuesday, January 5 and Friday, January 8

RATED: PG-13

LENGTH: 108 Minutes

DESCRIPTION: When she learns that she's in danger of losing her visa status and being deported back to her native Canada, overbearing book editor Margaret Tate (Sandra Bullock) forces her put-upon assistant, Andrew Paxton (Ryan Reynolds), to marry her. Directed by Anne Fletcher (27 Dresses), this romantic comedy also stars Craig T. Nelson and Mary Steenburgen as Andrew's parents, Joe and Grace, and Betty White as the outspoken Grandma Annie.



UP

DATES: Tuesday, January 12 and Friday, January 15

RATED: PG

LENGTH: 96 Minutes

DESCRIPTION: After a lifetime of dreaming of traveling the world, 78-year-old homebody Carl (voiced by Ed Asner) flies away on an unbelievable adventure, with Russell, an 8-year-old Wilderness Explorer (Jordan Nagai), unexpectedly in tow. Together, the unlikely pair embarks on a thrilling odyssey full of jungle beasts and rough terrain. Other voices include the renowned Christopher Plummer and Pixar stalwart John Ratzenberger.



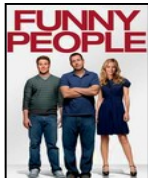
MY SISTER'S KEEPER

DATES: Tuesday, January 19 and Friday, January 22

RATED: PG-13

LENGTH: 110 Minutes

DESCRIPTION: A former defense attorney (Cameron Diaz) finds herself back in the courtroom when she and her husband (Jason Patric) are sued for medical emancipation by their 11-year-old daughter, Anna (Abigail Breslin), who is expected to donate a kidney to her dying older sister. The subsequent trial tests ethical boundaries and the limits of parental love. Joan Cusack and Alec Baldwin round out the cast in this powerful drama based on Jodi Picoult's novel.



FUNNY PEOPLE

DATES: Tuesday, January 26 and Friday, January 29

RATED: UR, Unrated. This movie has not been rated by the MPAA.

LENGTH: 146 Minutes

DESCRIPTION: Famous and wealthy funnyman George Simmons (Adam Sandler) doesn't give much thought to how he treats people until a doctor (Torsten Voges) delivers stunning health news, forcing George to reevaluate his priorities with a little help from aspiring stand-up comic Ira (Seth Rogen). Judd Apatow (Knocked Up) writes and directs this moving comedy that also stars Leslie Mann, Jonah Hill, Jason Schwartzman and Aubrey Plaza.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.

New Day for this
Month Only...

NEWCOMERS' GROUP

- An orientation and tour of the Senior Center is scheduled for **Tuesday, January 19th, 2010**. It includes a review of classes, upcoming events, social services & general information.

EXERCISE ROOM: NO CARD, NO EXERCISE

Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All of those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. We appreciate your cooperation in the exercise room.



WHEN NOT TO COME TO THE EXERCISE ROOM? - Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times: **TUES: 7:00p.m. – 7:30 p.m.** and **EVERY WED: 2:30p.m. – 3:00 p.m.**



FREE DROP-IN COMPUTER HELP

- Does the computer scare you more than flying in an airplane? Not to worry, we have helping hands ready to assist.... FREE OF CHARGE. Whether new to the computer, or in need of a refresher, several volunteers can get you pointed in the right direction. **Mondays with JUDY 1-3PM. Thursdays with SARA 1-3PM. Fridays with RANDY 10:30AM-12:30PM.** Come to the computer lab, it's that easy!!!

DVD COLLECTION - The Senior Center has a collection of a variety of DVDs available for check out at the front desk. You can check out up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selections.



BIG BINGO UPDATE

Big Bingo will be held **ONLY** on the first Monday of each month. 1pm in the Lunch room.



SENIOR CENTER TELEVISION POLICY

- In order to maintain a tranquil and pleasant environment, the front lobby television is currently turned on only for major news and sporting events. The Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Televisions are also available in the Game Room. Thanks for your help in continuing to make the Senior Center a pleasant place to visit.



BOOKS FOR SALE

- Located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby, are donated paper back books for sale. We have fiction, non-fiction, mystery, science fiction and more. Books are 10 cents each and can be paid for at the front desk. Maximum amount to be taken at one time is 5!

DONATIONS - The Mountain View Senior Center accepts a variety of donations.

ACCEPT ONLY

Old eyeglasses
Magazines
Paperback books only



(no romance novels)

FREE TABLE

Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only!

Referral Information

- Outreach Transportation
408-436-2865
- Social Security Office
1-800-772-1213

SPORTS AND GAMES:

PING PONG TABLES are available to everyone and is on a **FIRST COME, FIRST SERVE** basis and has a **30 minute or less time limit**. **If staff observes continuous play longer than 30 minutes on ANY table from any individual, that individual will lose PING PONG playing privileges for the remainder of the day.**

INTERESTED IN PLAYING SOME NEW GAMES? - At the front desk, we have a game interest binder. If you are interested in playing a specific game and need people, come check out the binder and see if there is an interest already and add your name to the list or if there is not a page for the game you are interested in, start a sign up sheet. Currently we have game lists for: GinRummy, Euchre, Bridge, Pedro Players, Bowling, Pinochle, Chess, Canasta, Scrabble and Mah Jong

BE THE FIRST TO JOIN S.C.T. !!!

Do you ever get something, **brand new**, but never really use it? Some brand **NEW** outdoor exercise equipment will be installed in Rengstorff Park and you'll have easy access. One of the best ways to have motivation to use exercise equipment is to do it with friends. This is why we are forming **S.C.T, Seniors in Circuit Training**. There are still open spots for this new social exercise group so

sign up to-day! Call Megan Garverick for more information at (650) 903 - 6448



FRONT DESK VOLUNTEERS - The front desk is looking for enthusiastic, friendly, multi-tasking volunteers. If you love to talk to others, answer the phone, make appointments and give people information, join the volunteers at the front desk. Pick up a Volunteer Application at the front desk and join the fun.

TAX HELP VOLUNTEERS - Help seniors with Income Tax Returns and Tax Questions! Free training each tax season (in January) on basic Federal and California tax law for individual returns. Receive IRS certification as a volunteer preparer. Learn a professional tax software package. Prepare returns at the Mountain View Senior Center and other senior centers during tax season (4-8 hours/week February 1-April 15). Occasional additional off season volunteer opportunities. Contact AARP Tax Aide at 1-888-687-2277 or (locally) Keith at 650-969-5643 or visit www.Aarp.org/taxaide

TRAVEL ESCORT VOLUNTEER - Do you like to travel on day trips? Then become a travel escort for the Mountain View Seasoned Travers. Volunteers escort seniors to a variety of trips throughout Northern California from Casino Trips to Broadway shows and more. In addition to trips, escorts volunteer at the travel desk on Thursday mornings at the Senior Center. For more information, visit the front desk or call 650-903-6330.

S.C.T. VOLUNTEERS - The City of Mountain View is looking for volunteers to help lead the new SENIORS IN CIRCUIT TRAINING (S.C.T.) program beginning spring of 2010 You will connect, make friends, promote well being, and improve lives. Contact Megan Garverick 650.903.6448 Megan.Garverick@MountainView.gov

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee is an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the 3rd Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: January 20, 2010.

Volunteer Hours for NOVEMBER

Blood Pressure	7
Brown Bag	192
Receptionists	142.5
Social Services	54
Teaching	89.5
Total	494

HEALTH SERVICES

ALZHEIMER'S SCREENING

Free behavioral screenings offered on the **fourth Wed** of each month (**1/27/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis. Call the front desk at (650) 903-6330 for an appointment.

BLOOD PRESSURE CHECK

Come to the counseling room to have your blood pressure checked by volunteer nurses on **Friday between 10:30-11:30 a.m.**



EYEGLASS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**1/12/10 and 1/26/10**). Call the front desk at (650) 903-6330 for an appointment.

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**1/12/10 - AM Appts and 1/26/10 - PM Appts**) Call (650) 903-6330 for an appointment.

HEARING SCREENING

Visit Dr. Tang the **Second Tuesday (1/12/10)** of each month. Call the front desk at (650) 903-6330 for an appointment.



PODIATRY SCREENING -

Free evaluations on **Third Wednesday (1/20/10)** of each month. Call the front desk at (650) 903-6330 for an appointment. Provided by Dr. Yavrom.

Dial 2-1-1 - For a free, non-emergency telephone service that connects you with hundreds of community services. Find information on Elder Care, Counseling, Health Services and much more!

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA)

The 1st and 3rd Thursday (1/7/10, 1/21/10). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.



FOOD SERVICES

BROWN BAG -

The **Second Harvest Food Bank's Brown Bag** pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



NUTRITION PROGRAM

Lunch is served

Monday - Friday at 11:45a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 9+10. Sponsored by Community Services Agency, (650) 964-6586.

TRANSPORTATION/ EXERCISE

VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

VTA will be at the Senior Center on **Thursday, January 21, from 10:00 a.m. to 12:00 p.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age.



Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon. Exact change is necessary. The cost is \$25.00 per sticker.** Cash only please.

AARP DRIVER SAFETY

REGULAR CLASS - AARP Safety Program class offered by AARP at the Mountain View Senior Center is scheduled for **Tues, Feb 2 and 9, 2010** from 6:00 p.m. to 10:00 p.m. The fee for the 8.0 hour classroom driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted.

REFRESHER COURSE - **Tues, April 6, 2010** from 5:30 p.m. to 10:00 p.m. The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted. **ONLINE** Driver Safety program now available Visit www.aarp.org for information & to sign up.

EXERCISE ORIENTATION

is offered on **Tuesday Evenings and Wednesday Afternoons**. To be able to use the exercise room, you must sign up for orientation at the front desk.

INCOME TAX ASSISTANCE

APPOINTMENTS:

Tax assistance will be provided by AARP volunteers. They will begin accepting appointments on Monday, January 4th, 2010.

Tax appointments will be available each Tuesday and Wednesday, 9:00am-12 noon beginning Tues, February 2, 2010.

What to bring to your appointment:

- Copy of last year's state & federal income tax returns
- W2 form (from employer)
- 1099-INT (regarding interest)
- 1099-DIV (regarding dividends)
- 1099-R (retirement and IRA income)
- SSA-1099 from social security
- 1099-B (for sale of stock) plus original cost and date of purchase info.
- Any other 1099 Forms received
- If deductions are claimed, bring information to support
- Name and address of landlord to receive state renter's credit



USED OR UNUSED MEDICATION DROP OFF LOCATIONS:

Health Clinic- Sunnyvale
660 South Fair Oaks Ave,
Sunnyvale, CA 94086



West Valley Patrol Sub-Station
1601 S. De Anza Blvd, Cupertino, CA 95014

Health Clinic- Moorpark Pharmacy
2400 Moorpark Ave, San Jose, CA 95128

Health Clinic- Bascom Pharmacy
750 S. Bascom Ave, Ste #120, San Jose, CA 95128

COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS -

On the **third Tuesday of each month at 11am**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.

INFORMATION ON HMOs:

We have received a box of information on HMO's from the State of California, Office of the Patient Advocate. This information includes different ratings on specific services and how patients rated their providers. This box of information is located at the front desk. Come take a look!!

SENIOR SERVICES

DIRECTORY - The 2009/2010

Senior Services Directory published by Council on Aging has recently been released. This resource has a wide range of information within Santa Clara County geared for older adults and their families. Topics include Care Management, Financial & Legal, Food & Nutrition, Independent Living, Housing, plus much more. The directories are available for **\$3** at the Senior Center Front Desk. Information is also available online at www.siliconvalley.networkofcare.org

SENIOR CENTER ART SHOWCASE -

The Senior Center will be showing off patrons artwork on **Wednesday, January 13th in the Social Hall from 3-6pm**. Sign up to bring your artwork in oils & acrylics, woodcarving, ceramics, creative stitchery, crocheting and more by January 8th. Light refreshments will be served. *Everyone welcome*



WALKING GROUP: STEPPING STRONG

Do you get the recommended 10,000 steps a day? Your activity level has a direct correlation with connectivity and quality of life. The easiest way to keep activated and stay motivated is to join a walking group. Stay **tuned** for new a new day and time for this class scheduled to start up again in spring of 2010.

Mountain View Seasoned Travelers

**NEW TRAVEL
DESK HOURS**

For travel information, registration and payment:
Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30am-12:00pm and Thursdays at the travel desk in front of the social hall from 10:00 - 11:45am

TRAVEL

CLIFF HOUSE RESTAURANT AND TUT EXHIBITION, San Francisco

WHEN: Tuesday, February 9, 2010

COST: \$95.00 per person

INCLUDES: Join us for a hosted breakfast at the Historic Cliff House Restaurant, San Francisco. Perched on spectacular cliffs overlooking the Pacific Ocean, the Cliff House is one of the crown jewels of San Francisco's Golden Gate National Recreation Area. From there we'll travel into Golden Gate Park to the de Young Museum to experience *Tutankhamen and the Golden Age of the Pharaohs*, a glorious exhibition of over 130 outstanding works from the tomb of Tutankhamen, as well as those of his royal predecessors, his family, and court officials. It's been over 30 years since the original exhibit was in San Francisco and you'll find many new and exciting elements not previously available.

DEPART: 7:45 a.m. from Rengstorff Park

RETURN: 3:00 p.m. Approximately

BEE'S and TREE'S DAY TRIP

WHEN: Monday, May 24, 2010

COST: \$81.00 p/p

INCLUDES: **MARSHALL'S HONEY BEE FARM** - Travel to Marshall's Honey Bee Farm, American Canyon for a guided tour and honey tasting. You'll enjoy a tour of the farm and explanation of honey production including a video presentation and a honey tasting with food pairing. **V. SATTUI WINERY** - Upon arrival to this lovely estate, they will be treated to a private gourmet picnic within the beautiful tree covered picnic area. Lunch will include a choice of sandwich, German-style red potato salad, seasonal fruit, bottled water and a cookie. A winery tour and tasting are included. **PETRIFIED FOREST** - The day will continue with the breathtaking drive to the Petrified Forest in Calistoga. Upon arrival enjoy a docent lead meadow walk which will include the history of the Petrified Forest. In the Petrified Forest are rich deposits of minerals, crystal, wood opal, Obsidian, Silica, and others, some of which are available for purchase in the gift shop. The group will also enjoy a visit to the on site museum.

DEPART: 9:00am, from Rengstorff Park

RETURN: 6:00pm approximately

THUNDER VALLEY CASINO

WHEN: Thursday, February 4, 2010

COST: \$27.00 p/p

INCLUDES: Casino Bonus: \$10 Match Play & \$5 Food Credit

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

RIVER ROCK CASINO

WHEN: Tuesday, March 9, 2010

COST: \$30.00 p/p

INCLUDES: Casino Bonus: \$20 Cash.

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 6:30 p.m. Approximately

CACHE CREEK CASINO

WHEN: Wednesday, April 7, 2010

COST: \$32.00 p/p

INCLUDES: Casino Bonus: \$10 Free Play or Match Play and \$5 Food Credit

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

CHUNKCHANSI CASINO

WHEN: Thursday, May 6, 2010

COST: \$30.00 p/p

INCLUDES: Casino Bonus: \$10 Free Play or Match Play and \$5 Food Credit

DEPART: 7:30 a.m. Rengstorff Park

RETURN: 5:30 p.m. Approximately

RENO GETAWAY

WHEN: April 11-12, 2010 Sunday-Monday

COST: \$90.00 p/p, double occupancy/ Singles occupancy add \$25.00

INCLUDES: Silver Legacy

Accommodations. Casino Bonus Value: \$35.00.

Optional Dinner & Show Package: \$55.00 p/p

Frank, Sammy & Dean: The Rat Pack, at the beautiful El Dorado Showroom!





DEPART: 7:30 a.m. SUNDAY



from Rengstorff Park

RETURN: 9:00 p.m.

MONDAY Approximately



Monday	Tuesday	Wednesday
NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.  = Meal contains more than 1000g sodium		
4 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Turkey Meatloaf</i> Mashed Potatoes Brussels Sprouts Whole Grain Bread Fresh Fruit	5 11:45 LUNCH MENU <i>Chicken Pot Pie</i>  w/ mixed vegetables Confetti Coleslaw Apple 1pm - Movie, The Proposal	6 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Pork Roast</i> Brown Rice Pilaf Sweet Potatoes Steamed Spinach Fruit 1:00 Bingo, lunch room
11 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Sesame Orange Chicken</i> Brown Rice Green Salad Orange	12 830am - HICAP 9:15am - Eyeglass Repair 11:45 LUNCH MENU <i>Swedish Meatballs</i> Over Egg Noodles  Baked Tomato Spinach and Cheese Salad Pineapple 2pm - Hearing Screening 1pm - Movie, UP	13 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Chicken A La King</i> Brown Rice Pilaf Seasonal Vegetables Apples 1:00 Bingo, lunch room 3:00 Art Showcase
18 <div style="border: 1px solid black; border-radius: 50%; width: 200px; height: 150px; margin: 20px auto; text-align: center; padding: 10px;"> <p>CLOSED</p> <p>Martin Luther King Jr. Day</p> </div>	19 11:45 LUNCH MENU <i>Oven Roasted Chicken Breast</i> Brown Rice Sautéed Fresh Broccoli, Cauliflower, and Carrots Peaches 1pm - Movie, My Sister's Keeper 2pm - Newcomer's Group	20 10am - Podiatry Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Beef Stuffed Bell Pepper w/ Sauce</i> Marinara Noodles w/ Garlic and Fresh Basil Italian Blend Vegetables Fresh Fruit 1:00 Bingo, lunch room
25 10:30 Dancing, lunch room 11:45 LUNCH MENU  <i>Chicken Enchilada</i> Mexicali Corn w/ Bell Peppers Low-Sodium V-8 100% Vegetable Juice Fresh Fruit	26 915am - Eyeglass Repair 11:45 LUNCH MENU <i>Szechwan Chicken</i> Garden Salad Sautéed Cabbage Pineapple 1pm - Movie, Funny People 1pm - HICAP	27 10am - Alzheimer's Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU <i>Beef Stew</i> Green Salad Whole Grain Bread Tangelo 1:00 Bingo, lunch room

Thu	Fri	<h2>Lime Pear Gelatin Salad</h2> <p>Prep Time: 10 Minutes Ready In: 4 Hours 10 Minutes Servings: 6</p> <p>INGREDIENTS: 1 (.6 ounce) package sugar-free lime gelatin 1 cup boiling water 1 (15.25 ounce) can pear halves in juice 1 (3 ounce) package reduced-fat cream cheese, softened 1 1/2 cups reduced-fat frozen whipped topping, thawed</p> <p>DIRECTIONS: Whisk together the lime gelatin and boiling water in a large bowl until the gelatin dissolves. Pour the mixture into the container of a blender, and add the pear halves and cream cheese. Cover and blend until smooth. Pour back into the bowl, and gently whisk in the whipped topping. Transfer to a mold or serving bowl, cover and refrigerate until firm, at least 4 hours. To unmold, dip the mold briefly into hot tap water to loosen the gelatin, then invert onto a plate.</p>
	1 	
7 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Chicken Asparagus Pecan Pasta</i> Penne Pasta Caesar Salad Tropical Fruit Cup 1pm - SALA	8 10:30 - Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Breaded Fish Filet</i> Sautéed Cabbage, Carrots, and Mushrooms Whole Grain Roll Tangelo 1pm - Movie, The Proposal	
14 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Baked Fish w/ Seasonings</i> Sweet Potatoes Seasoned Broccoli Whole Grain Roll Fresh Fruit	15 10:30 - Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Pasta Primavera w/ Ham</i> Whole Wheat Spaghetti Garlic Bread Garden Salad Banana Oatmeal Cookie 1pm - Movie, UP	
21 10am - VTA Cards 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Chicken Cordon Bleu w/ Ham</i> Pesto Whole Wheat Noodles Green Salad Green Beans Mandarin Oranges 1pm - SALA 1pm WORKSHOP, Red Hat Society	22 10:30 - Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Chinese Pepper Steak</i> Fried Brown Rice Oriental Vegetables Spinach Banana 1pm - Movie, My Sister's Keeper	
28 11:45 LUNCH MENU <i>Pizza</i> w/ fresh veggies, meat, and cheese (vegetarian available upon request) Garden Salad Mandarin Oranges 1pm WORKSHOP, Make a difference with the Young	29 10:30 - Blood Pressure 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Mediterranean Fish</i> Brown Rice Pilaf Broccoli and Cauliflower Carrot Raisin Salad Apricot 1pm - Movie, Funny People	

WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:45 Adaptive Yoga 8:45 ESL - Beg. +Int 9:00 Creative Stitchery 9:00 Intro to Email 10:15 T'ai Chi 10:30 Adaptive level II Yoga 10:30 ESL - Beg High & Adv. Low 11:45 Lunch 1:00 Bingo, First Monday of each month. 1:00 Computer Assistance 1:00 Woodcarving 1:00 General Conditioning 1:30 Quiltmaking 2:30 Tai Chi/ Qigong 7:00 Social Dance Club	9:00 Drawing & Watercolor 9:00 Meet the PC 9:30 Brown Bag 10:00 Advanced Lip Reading 10:30 Strong for Life 11:45 Lunch 12:30 Spanish-Int. 1:00 Computer Assistance 1:00 Karaoke 1:00 Low Impact Aerobics 1:00 Workout on Broadway 2:15 Workout On Broadway 2:30 Chinese Chorus 5:30 Flowing Movement	9:00 Ceramics-Sculpt 9:00 Painting Club 9:00 Intro to Email 9:30 Chorus 9:30 Mediation for Stress Reduction 10:00 Beginning Lip Reading 10:00 Therapeutic Yoga 11:45 Lunch 1:00 Computer Assistance 1:00 Ceramics-Basic 1:00 Knitting/Crochet 1:15 Orchestra 5:30 Qigong	8:45 Adaptive Yoga 8:45 ESL - Beg. & Int. 9:00 Meet the PC 9:00 Ceramics, earth, glaze and fire 9:30 Ceramics-Basic 10:00 General Conditioning 10:00 VTA Cards, First Thursday of each month 10:00 Qigong 10:00 Trips Desk 10:30 Adaptive level II Yoga 10:30 ESL B.H. & A.L. 11:00 Health Library 11:45 Lunch 12:30 Memoirs 1:00 General Conditioning 1:00 Workout /Broadway 1:00 Low Impact Aerobics 1:00 Ceramics-Basic 1:00 Fig & Port Drawing 1:00 Computer Assistance 2:15 Workout / Broadway	8:45 ESL, Beg+ Int. 9:00 Calligraphy 10:00 Feldenkrais 10:30 Computer Assistance 10:30 Blood Pressure 10:30 ESL -Beg High, Adv. Low 11:45 Lunch 1:00 English Conversation 1:00 Line Dancing 1:00 Computer Assistance 2:15 Square Dancing
CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE Class Start and End dates are in the Winter/Spring Class Guide.				

Registration for the classes that occur at our center, takes place through the following agencies:

MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call (650)-940-1333 with your credit card available.
3. or visit their website to register for this class at www.mvlaae.net

FOOTHILL- Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call (650)-949-7321.

VOLUNTEER – These classes are free and there is no need to register. Please just attend.

IN CLASS - Register for these classes with the class instructor.

PICK UP A WINTER/SPRING 2010 CLASS GUIDE AT THE FRONT DESK FOR MORE INFORMATION.